

**Hayes Green Beach Wellness Center
offers a 10% corporate discount
to State of Michigan employees**
Show your state ID

It's easy to get on the road to better health and fitness with the HGB Wellness Center by your side. Staffed by trained fitness and health professionals dedicated to serving you, the Wellness Center will head you in the right direction on your journey to wellness.



In partnership with HGB's Physical and Occupational Rehabilitation departments, our 12,000 square foot facility provides the best in cardiovascular and strength training equipment. Precor, Trackmaster, Schwinn, Stairmaster, and other top manufacturers provide exercise treadmills, ellipticals, stationary bikes, stairsteppers, rowers, upper body ergometers, and versa-climbers. Our strength training equipment is provided by Cybex, with twenty years of success in creating medical testing and rehabilitation equipment. Cybex is uniquely qualified to provide a complete spectrum of the safest, most reliable strength training equipment available today. A spacious free weight area for the advanced exerciser rounds out the exercise area. For your comfort, the center features carpeted locker rooms with private showers stocked with soap, shampoo and conditioner. We also have a 900-square-foot Movement Studio, spacious whirlpool, and free towel service. Quick, computerized check-in help you make the most of your time. Free parking is available in a well-illuminated lot at the center site.

Corporate discount is 10% off 12-month membership fees:

- **One member - \$390 for 12-month membership**
- **Two members - \$630 for 12-month membership**
- **Three or more members - \$750 for 12-month membership**

Call (517) 543-9575
to schedule your free equipment orientation and enjoy
three free visits to experience their state-of-the-art fitness center.
*First-time visitors only. Must be a local resident, 18 years or older,
and must present valid driver's license or photo ID with coupon.*

Go to www.hgbhealth.com
to print the online coupon page
for a **FREE Guest Pass**